

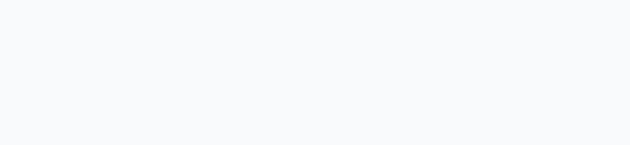


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## Black eyed beans



Cowpea plant subspecies Black-eyed peas guide you here. For a hip-hop/pop group with the same name, see Black Eyed Peas. For other uses, see Black-eyed pea (et al. Black-eyed peaFresh black-eyed peasSpeciesVigna unguiculata (L.) Walp.Cultivar group'Unguiculata'CultivarBlack-eyed peas Ripe, opened black-eyed peas in edibles and develops edible peas, in the shell and on its exterior Black-eyed pea or black-eyed beans is a legume grown around the world for medium-sized, edible beans. It is a subspecies of cowpea, an old-world plant tamed in Africa, and is sometimes simply called cowweed. The common commercial variety is called California Blackeye; it is light colored and has a visible black dot. There are countless varieties in the American South, many of which are heirloolos ranging from small lady peas to very large ones. The color of the eye can be black, brown, red, pink or green. All peas are green when they are freshly shelled and brown or dried. A popular variation of black-eyed pea is purple trunk pea; it is usually green with a visible purple or pink dot. Currently approved botanical name for black-eyed pea is Vigna unguiculata subsp. unguiculata, although previously it was classified as Phaseolus. Vigna unguiculata subsp. dekindtiana is a wild relative and Vigna unguiculata subsp. sesquipedalis is the associated asparagus bean. Other slightly lookalike beans, such as the northern Mexican frijol ojo de cabra (goat's eye bean), are sometimes mistakenly called black-eyed peas and vice versa. History Black-eyed pea is cultivated all over the world. [1] Most of the black-eyed pea cultivation took place in the southern United States as early as the 17th century in Virginia. [2] The harvest would eventually prove popular in Texas as well. Throughout the south, black-eyed pea remains a widely used ingredient in soul food and southern U.S. cuisines. George Washington Carver promoted the planting of black-eyed pea crops because, as a legume, it adds nitrogen to the soil and has high nutritional value. Black-eyed peas contain calcium (41 mg), folate (356 µg), protein (13.22 g), fiber (11.1 g) and vitamin A (26 IU), among other nutrients, less than 840 kilojoules (200 kilocalories) of food energy at a dose of 171 grams (6 ounces). [3] Cultivation This heat-loving crop is sown when all the frost hazard is over and the soil is warm. Seeds sown too soon rot before ger sprouting. Black-eyed peas are very drought-toleting, so excessive watering should be avoided. The crop is relatively free from pests and diseases. Nematodes in the root node can be a problem, especially if crops are not rotated. Nitrogen as a legume, fertilization can exclude nitrogen three weeks after germ. The flower produces nectar abundantly, and areas can be a source of honey. Since flowering attracts various pollinators, careful should be taken in the application of insecticides to avoid violations of the label. After planting peas, it should begin to grow after 2-5 days. Lucky New Year's Day food on New Year's Day in Alabama: black-eyed peas, ham and pepper sauce in the southern United States eating black-eyed peas or Hoppin' John (traditional soul food) on New Year's Day is believed to bring prosperity on New Year's Eve. [4] Peas are typically cooked with a pork product for seasoning (such as bacon, fatback, ham bones or pork jowls) and diced onions and served with hot chilli sauce or pepper-flavored vinegar. The traditional meal also includes cabbage, collar, turnip or mustard vegetables and ham. Peas, because they swell cooked, symbolize wealth; the Greens symbolize money; pork, since pigs take root forward in food nutrients, represents a positive movement. [5] Cornbread, which represents gold, is often also associated with this meal. [6] There are several indications of the origin of this method. Two popular explanations for the Southern Society with peas and goodness date back to the American Civil War. The first relates to General William T. Sherman's march from the Union Army to the sea, during which they enlisted Confederate food supplies. According to the stories, peas and salted pork had been left intact because it was believed that they were animal food unfit for human consumption. Southerners considered themselves lucky to be left with some supplies to help them survive the winter, and black-eyed peas evolved into representation of goodery. One challenge for this legend is that General Sherman brought with him spare supplies, including three days of feed[7], and probably wouldn't have left even animal feed intact. In addiition, the dates for the first average frost in Atlanta and Savannah are 13. Since Sherman's march was from November 15 to December 21, 1864, it is unlikely, albeit possible, that the Union army would have encountered standing fields of black-eyed peas relayed in most versions of legend. In another Southern tradition, black-eyed peas symbolize liberation for African-Americans who had previously been enslaved and were officially released on New Year's Day after the Civil War. [9] [10] Other South American traditions refer to the Jews of Ashkenaz and the ancestry of the Sephards in southern cities and plantations. [11] Culinary use worldwide Several cups of ch e đậu trắng, a Vietnamese dessert made with black-eyed peas Lobia curry, black-eyed pea platter from India Mature black-eyed pea, no saltRavinto value g per (3,5 ounces)Energy484 kJ (116 kcal)Carbohydrates20,76 gSugars3,3 gDietary fibre6,5 g Fat0,53 g Protein7,73 g g %DV†Tamine (B1)18% 0.202 mgRiboflavin (B2)5% 0.055 mgNiacin (B3)3% 0.495 mgPantothenic acid (B5))8% 0.411 mgVitamin B68% 0.1 mg Folate (B9)52% 208 µgVitamin E2% 0.28 mgVitamin K2% 1.7 µg Mineral sQuantity %DV†Calcium2% 24 mgIron19% 2.51 mgMagnesium15% 53 mgMangan23% 0, 475 mgPhosphorus22% 156 mgPotassium6% 278 mgNatrium0% 4 mgZinc14% 1, 29 mg Link USDA Database entry Units µg = micrograms • mg = milligrams IU = International units † The number of concentrations is approximately according to U.S. recommendations for adults. Source: USDA Nutrient Database In Egypt, black-eyed peas are called phobia. Cooked with onions, garlic, meat and tomato juice, and served with Egyptian rice mixed with pastina called shaerya, it is Egypt's most famous rice dish. In Jordan, Lebanon and Syria, lobya or green black-eyed beans are cooked with onions, garlic, tomatoes, peeled and chopped, olive oil, salt and black pepper. In Nigeria in West Africa and the Caribbean, a traditional dish called macarosh is made with black-eyed peas, to which salt, onions and/or peppers are added. The mixture is fried. Nigeria also has a pudding made from it called moin-moin, where it is ground and mixed with spices as well as some vegetable proteins before steaming. This is served with a variety of carbohydrate-rich foods such as papa, rice or garr. [12] In Asia and the Pacific, in Indonesia, black-eyed peas are called kacang tunggak or kacang tolo in the local language. They are commonly used in curry dishes such as sambal goreng, a kind of hot and spicy red curry container, sayur brongkos or sayur lodeh. Beans are commonly used in different parts of India. In northern India, black-eyed peas are called phobia or rong and cooked like a daal, served with boiled rice. [13] In Maharashtra they are called chawl and made into a curry called chawli aanti[14] or chawli usal. In Karnataka, they are called alsande kalu and are used to make the hustle and bustle of the popular curry type. [15] In the South Canary Region they are called lathanra dha beeja and are cooked in flavoured coconutpain to make sour curry or dry coconut curry. In Tamil Nadu, they are called karaman or imported and are used in a variety of recipes, including cooking and preparing them as a salad-like solaridal (often during the Ganesh Chaturthi and Navratrī festivals). [16] In Andhra Pradesh they are known as nalandalu and are used for a variety of recipes that are most popular vadas. In Kerala, they are part of the Sadhya dish, Olan. In Vietnam, black-eyed peas are used in a sweet dessert called ch e đậu trắng (black-eyed peas and sticky coconut milk). Black-eyed peas bleached in Cyprus (φρέσκο λουβό) and Turkey (b ur ulce salatasi) are eaten as salad with a sauce of olive oil, salt, lemon juice, onions and garlic. [17] In Portugal, black-eyed peas are served with boiled cod and tuna and salads. Americas North America Hoppin' John, made with black-eyed peas or field peas, rice and pork, is a traditional dish in parts of the southern United States. Texas caviar, another traditional dish in the American South, is made with black-eyed peas marinated in vinaigrette-style sauce and chopped garlic. [18] South America In the northeastern Brazilian state of Bahia, especially in the city of Salvador, black-eyed peas are used in a traditional street food of Nigerian origin called akara. The beans are peeled and crushed, and the resulting paste is made into balls and deep-fried in dend e. Acaraj e is typically served split in half and stuffed with vatap a, caruru, diced greens and red tomatoes, fried sun-dried shrimp and homemade hot sauce. In the north of Colombia, they are used to manufacture a fritter called buuelo. The beans are immersed in water for a few hours to loosen and soften their skins. The skins are then removed either by hand or by hand grinder. After removing the skins, the beans are ground or mixed, and the eggs are added, which produces a soft mixture. The mixture is fried in hot oil. It makes for a nutritriary breakfast meal. In Guyana, South America, as well as Trinidad and Tobago, it is one of the most popular types of beans cooked with rice, the main one being red kidney beans, also called red beans. It is also cooked as a snack or appetizer on its own. On New Year's Eve (called Guyana and Surime New Year's Night), families cook a traditional dish called cooked rice. The dish consists of rice, black-eyed peas and other peas, as well as a variety of meats cooked in coconut milk and spices. According to tradition, boiled rice should be the first thing consumed on New Year's Eve for good luck. Cooked rice is also made into everyday food. See also Food Portal Agriculture and agronomy portal Adzuki beans Broad bean Chickpea Green bean lentil List of diseases of ordinary bean Mung beans Pulse of organic beans (legume) References ^ Tropical feedstuffs: interactive selection tool. Vigna unguiculata Press release. CSIRO Sustainable Ecosystems (CSIRO), Department of Primary Industries and Fisheries (DPI&amp;F Queensland), Centro Internacional de Agricultura Tropical (CIAT) and International Livestock Research Institute (ILRI). Adopted on 16 June 2005. Archived from the original 2010-12-14. Retrieved 2010-07-12. ^ Joseph E. Holloway. African crop and slave food. California State University Northridge. Archived from the original 2009-09-19. 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